



## Fall Prevention

Falls are the main reason why older adults lose their independence. Although fall risk typically increases with age, falls are not an inevitable part of aging and can be prevented.

There are many ways to help reduce your risk of falling: increasing your physical activity and muscle strength; improving your mobility and balance; eating well and ensuring adequate levels of vitamin D and calcium through diet and supplements; having annual vision checks; reviewing all medications with a doctor or pharmacist; and improving safety around the home and outdoors.

### Questions to consider when thinking about preventing falls:

**Do you get enough exercise?** Exercise is good for your heart and circulation, as well as for your bones, muscles and balance.

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**What are you doing to improve your balance and mobility?** Do exercises that challenge your balance, such as Tai Chi or yoga.

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**Do you schedule regular vision checkups?** Have your vision checked at least once a year.

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**Do you have your medication needs by your pharmacist or physician regularly reviewed?** Some medications can cause side effects that may increase your risk of falling.

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**Are you eating a well-balanced diet and getting enough calcium and Vitamin D?** You can increase your bone strength by ensuring adequate intake of vitamin D and calcium through diet and supplements.

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**Is your home safe and well-lit?** Over half of falls occur in the home and low lighting or loose floor mats can be contributing factors.

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**Do you have grab bars in your bathroom?** Grab bars in the tub or shower or next to the toilet can decrease your risk of falling.

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**Is your community safe? Do you know who to call if sidewalks or stairs in your community are uneven, or poorly lit?** Paying attention to your surroundings helps everyone to be safe in your community.

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**Do you know how to get up safely after a fall?** Go to the links below for tips on how to get up after a fall.

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[Fall Prevention](#) (link)

[Medication Safety](#) (link)

[Nutrition and Healthy Bones](#) (link)

[Home Renovation Tax Credit](#) (link)

[Planning for Healthy Aging](#) (link)